
The Blue Horizon

E Kokua Pakahi Kakou

September 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 9

September is...

National Cholesterol Education Month

The National Cholesterol Education Program (NCEP) is pleased to present the [2002 National Cholesterol Education Month Kit](http://hin.nhlbi.nih.gov/cholesterolmonth/). Simply go to <http://hin.nhlbi.nih.gov/cholesterolmonth/> to access your kit. Here are some of the items included:

- ♥ A [drop-in article](#) that discusses the latest ATP III guidelines under the headings: September is National Cholesterol Education Month, Latest NCEP Guidelines, Risk Assessment, Cholesterol Lowering Therapy, The Metabolic Syndrome, ATP III Implementation Tools, and NCEP Jumpstarts Implementation of Latest Guidelines.
- ♥ Suggestions on [simple steps](#) you can take to reduce your risk for heart disease.
- ♥ Links to [heart-healthy recipes](#), including African American, Latino, and Stay Young at Heart favorites.
- ♥ [Ten great ideas](#) to help you promote National Cholesterol Education Month.
- ♥ A [Chart your progress - Reach your goal](#) worksheet to help you keep track of your cholesterol numbers.

Source: National Heart, Lung and Blood Institute (NLHBI)

For additional information & a free Cholesterol Screening, call Jessica Dung, your Health Promotion Manager, at 541-1583.

2002 FBI RECRUITMENT

Are you interested in a career with the FBI as a Special Agent? Learn about the requirements for applying to the FBI by attending a career seminar on 23 September at the Work-Life Center Training Room from 1000 to 1200. For reservations, please contact the Work-Life Center at 541-1586/1580. Entry-level salary is \$43,705 (GS 10) Academy Training, \$53,743 - \$58,335 upon graduation including locality/availability pay.

"WHEN AND HOW TO USE A LAWYER AND HOW TO FIND ONE"

Free informational seminar sponsored by the Hawai'i State Judiciary. Call the Judiciary Public Affairs Office at 539-4909 to confirm upcoming sessions or if you need reasonable accommodation for a disability covered under state or federal disability law.



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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WE'RE ON-LINE!

The Blue Horizon, and other
Work-Life information, is available at :
www.uscg.mil/mlcpac/ischon/cw_index.htm

Other Family Services

GUAM

Andersen Air Force Base (671) 366-8136
Naval Station Guam (671) 343-2981
Guam Red Cross (671) 344-9260
After-hours (672) 344-9260

OAHU

Hickam Air Force Base 449-2494
COMNAVREG Pearl Harbor 473-4222/2220
AMR 833-6831
Schofield Barracks 659-1900
MCBH Kaneohe 257-7787
Red Cross (808) 471-3155

Contracted Services

Employee Assistance Program
1-800-222-0364
GUAM and after-hours emergencies
1-800-222-0364
Military Relocation Network
Free customized relocation package
www.militaryrelocation.com
1-800-947-7601

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

Commanding Officer (cw)

USCG Integrated Support Command

400 Sand Island Parkway

Honolulu, HI 96819-4398

You can also send e-mail to: FGaran@d14.uscg.mil

Questions and Answers About Anger

By
Owen M. Norton, MSW, LSW

The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.

What is anger? Anger is a feeling, an emotion. It is normal to experience anger. In fact, experts estimate that the average person gets angry 7 times a day. Some people think that it's only when they become enraged or hostile that they're angry; however, we also experience anger at lower levels when we are annoyed or irritated. Physical effects of not dealing with anger well include headaches, stomach problems, skin rashes, and high blood pressure. Other times we experience low levels of anger are when we find ourselves annoyed, irritated, and frustrated. Anger is a normal and healthy experience, but the things we do when angry can be productive or potentially negative.

What causes anger? If we are under a great deal of stress related to work, family, and money problems, we can be increasingly anxious and irritable. Anger is a natural response to fear due to perceived threats. You may have felt hurt, offended or rejected. When our expectations are not met, we may get angry.

What are negative ways of dealing with anger? Clearly, if we do or say something hurtful to those we care about, the relationship is affected negatively. Hitting someone in anger can be negative, and often leads to physical injury. Breaking or destroying things is quite negative as it can be costly—it also frightens and harms witnesses of the destruction.

How do you deal with someone in a position of authority when they are obviously upset with you? In my readings on anger, a certain expert recommended the following practices: Acknowledging any part of what the person in authority was saying that was accurate; Not challenging them at the moment if something was inaccurate, as they may feel threatened and then respond more aggressively; Allow the person in authority to "cool down a bit" before attempting to discuss the issue at hand.

What is positive self-talk? This is a very effective tool individuals may use to manage their anger effectively. Psychologists call it *cognitive*

restructuring, which is a fancy way of saying positive self-talk. Basically, it involves paying attention to what we are thinking when we become upset. Our thoughts about an event have a great deal to do with what level of anger we are experiencing. For example, if I came home to find that my children left all their toys strewn across the room while watching television, and I said out loud, or to myself, "I can't stand it when they do this! They're slob! They never learn! I'll throw all the toys away!" On a scale of 1-10, I'd rate myself at an 8 or 9, and I can stay that way for a while. I could see the same scene and say, "I am upset about the toys, but I don't have to blow my top, I can keep my cool. I can have the kids turn off the television and put the toys away. I can manage this situation."

Why is it that some people get angry and other don't when they see or witness the same event? Mostly that is due to how we think about an event. I recall my son, Michael, being a little over a year old and we were visiting his grandparents home. Somehow he got a hold of a half-gallon container of milk and started to pour himself a glass of milk. In the blink of an eye the glass was overflowing and all over the table. I was upset saying to myself, "Oh no! What is he going to do next?! The milk is going to go all over the rug." His grandfather was witnessing the same event and proudly stated with a smile, "Look! He's only a year old and he's trying to pour himself a glass of milk!"

What is a time-out? Does counting to ten help? A *timeout* is another tool to use to help manage your anger effectively. Good examples of a timeout include taking a walk, jogging, going to another room to listen to music, doing some form of physical exercise, etc. when we get upset. It's not avoiding the problem, but a chance for you to keep cool so that you can come back and deal with the problem or issue. If you start to address the issue and feel yourself getting ready to say or do something hurtful, take another timeout. If counting to ten helps you to slow down and not do or say something that will be hurtful to people you care about, it can help.

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

BALANCING WORK AND LIFE: TIME MANAGEMENT, Sep 4, 9:00-11:00 am.

Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS

COUNSELING, Sep 10, By Appointment. Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

DEPLOYED FAMILIES' MEAL, Sep 25, 5:00-7:00 pm (Hale Aina Dining Facility).

Cosponsored by the 15th Services Squadron and Family Support Center, this quarterly event is for families of deployed or remote-tour personnel. Dinner, craft activities for the children, and door prizes are all planned for this special evening.

ELECTRONIC JOB SEARCH, Sep 25, 9:00-11:00 am. This class provides information on how to access computerized job banks, research companies, and other automated programs available at the Family Support Center. Special emphasis will be placed on utilizing technology, to include the Internet, to enhance your job search.

FAMILY READINESS BRIEFING, Sep 9, 16, 23, & 30, 1:00-2:00 pm.

Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, personal finances, Give Parents a Break, and more.

HOME BUYING 101, Sep 25, 1:00-4:00 pm. Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

HOW TO APPLY FOR FEDERAL EMPLOYMENT, Sep 6, 1:00-3:00 pm.

Gain information on the employment process, salaries, and benefits for federal employment. Learn how to interpret job announcements and whether you are eligible to apply. Attendees will be provided guidelines, information, samples, and tips on completing the electronic Resumix.

INTERVIEWING WITH CONFIDENCE, Sep 24, 2:00-4:00 pm. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

INVESTING MADE SIMPLE, Sep 4, 1:00-2:00 pm. This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

JOB FAIR 2002, Sep 17, 11:00 am-4:00 pm (Banyans Club, Pearl Harbor).

The Joint Employment Management System (JEMS) will sponsor its annual job fair for all military ID card holders. Hawaii and mainland companies, and government agencies will be recruiting for positions within their organizations. Explore employment options, talk to representatives, leave your resumes with the "hiring people," and make appointments for interviews—all in one location.

LOOKING FOR EMPLOYMENT IN HAWAII, Sep 3 & 24, 8:30-11:00 am.

Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MONEY MANAGEMENT, Sep 13, 20, & 27, 2:00-3:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center.

Participants will also use the PowerPay debt management software to assist with credit management.

NEW TO HAWAII FINANCIAL BRIEFING, Sep 18, 1:00-2:00 pm.

Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, September 3-27, 9:00-11:00 am.

Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING I, Sep 19, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

RESUME WRITING II, Sep 26, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

SALARY/BENEFITS NEGOTIATION, Sep 19, 9:00-11:00 am. This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package."

SMOOTH MOVE, Sep 26, 9:00-11:00 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

SPONSORSHIP TRAINING, Sep 5, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Sep 10-12, 8:00 am-4:00 pm, Daily.

Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Sep 5 & 19, 11:45 am-12:45 pm

(American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

WHAT TO EXPECT AFTER YOU'RE EXPECTING, Sep 18, 6:00-8:30 pm.

Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

The Transition from Military to Civilian Life

By
Shirley Caban

The ISC Honolulu Transition & Relocation Programs Manager's (TRM) mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information. In addition, the TRM provides employment assistance including job referrals, resume assistance, and information on duty stations for CONUS and OCONUS locations.

Separating from the US Coast Guard to the “great unknown” of a civilian career can be stressful, especially if all you’ve ever known is the security of military life.

For those leaving the military life, the Transition Assistance Management Program (TAMP) programs are a huge help in transitioning to civilian life. It offers several employment assistance programs to help active duty personnel and their families adapt to their new lives. These programs include career counseling, outplacement preparation, relocation assistance, and networking skills.

The TAP Program participants receive valuable training and information that gives them an edge over other applicants seeking employment in the civilian life.



Here are few examples of what program participants have to say about the knowledge and preparation they received from the TAP seminar:

“You gave us the essential information we need to go on with our job searches and be successful.”

“This program hit on a lot of areas I had failed to look at and made me feel more confident about marketing my skills and training.”

“Everyone leaving the military should take advantage of this program.”

“I had no idea how to write a resume. This workshop was really helpful.”

“I didn’t know the first thing about looking for a job before I started TA; there are so many resources out there. The Internet is loaded with information.”

TAP is a three-day seminar that addresses social, financial and professional issues associated with transition out of the military. It covers topics such as managing benefits and entitlements, job search preparation, salary negotiation, resume writing, and interviewing techniques.

Spouses are encouraged to attend and learn about the benefits of the TAP seminars.

Seminars are scheduled monthly at Pearl Harbor and Hickam Air Force Base. To register for a seminar, contact Shirley Caban, TRM, 541-1586/1580.

JEMS JOB FAIR TIPS

Dress Like a Professional: Clothing should fit well and be clean and neat. In general, your clothing should be appropriate to the position you hope to attain. For example, if you want to be a CEO, wear a suit, but if you are interested in technical or semi-professional positions, an aloha shirt (always tucked in) and dress slacks for men and a dress or skirt and blouse for women (always wear nylons) is appropriate. Sandals, T-shirts, jeans or shorts are never appropriate. The Banyans Club can get a little warm during September, so light weight materials work best for this climate.

Things to Bring: At the very least, bring a copy of your work history to include company name, address, phone number, supervisor's name, your job title and the salary you received. In addition, have a list of your educational and professional training, with dates completed, and at least three references with addresses and phone numbers. This information will allow you to fill out job application right there at the job fair. There will be extra seating available for job seekers to sit down and fill out this information both inside the club and outside on the patio. If you have a resume, definitely bring plenty of copies. This will save you a lot of time filling out applications and enable you to show off the skills you want an employer to see. Always make sure you provide the employer with a way to contact you, both now and possibly six months into the future.

If you have business cards, bring them—these are always good for networking. Bring pens, a notepad, and an appointment calendar to schedule interviews. Keep in mind that many of the mainland companies attending the JEMS Job Fair conduct interviews or administer tests at a prearranged location the day after the job fair, so you may want to keep that day open in your calendar. Our local companies will usually be able to offer a more flexible interview schedule.

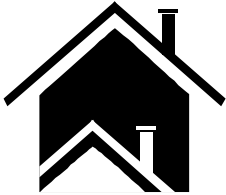
Arriving at the JEMS Job Fair: You will be asked to show your military identification card and register as you come into the Banyans. Make sure you pick up a job fair directory at that time. The directory will contain the room layouts with each company's location. In addition, the directory has an alphabetical listing of the companies with a short company profile, address, telephone number, the position they are recruiting for, and the names of the company representatives. Use the directory to assist you in making the most of your time by planning which companies you most want to establish contact with. The directory can not only help you find the companies you want to talk to, but also provide you with a valuable resource after the job fair. If at any time you need assistance, please stop by the information or registration tables and someone will be able to help you.

During the JEMS Job Fair: The art of networking is done by establishing a one-to-one contact with another person. Therefore, if you come with friends, you should split up and arrange a time to meet after you have finished. Be prepared to make a 30 second introduction that includes information about your skills and talents that will be of interest to the employer. Be prepared to answer questions as well as ask them. Definitely take notes on who you talked to and any pertinent information you will need to know on how to follow up with the cop any for possible job openings.

After the JEMS Job Fair: Follow-up on all levels and keep all appointments.

IN GENERAL: JEMS Job Fairs are very popular and, therefore, very crowded, so here are a few things to keep in mind: Expect a crowd and plan for it. Parking can be a hassle, so plan on giving yourself extra time to find a parking place in addition to the time you want to spend at the job fair. Carpooling with friends is encouraged--JEMS is planning to have a shuttle available from Avenue D parking.

Maintaining a positive attitude is extremely important. Keep in mind that your patience, understanding, and friendliness in this crowded area, and a well-written resume, are part of your "unwritten job description." Assuming you are qualified for a position, these intangible characteristics may actually be the deciding factor in getting you an interview and job offer. Always be professional and prepared.



OAHU HOUSING CORNER SEPTEMBER 2002

RED HILL ELEMENTARY BUS SCHEDULE



A bus service is provided for those children residing in Phase II only. The first morning bus run will pick up students at 7:10am. The second morning bus run will arrive no later than 7:25am. Afternoon pickups will leave the school at 2:10pm, and the last pickup will leave the school no later than 2:25pm. On Wednesday afternoons, the bus will pickup the children beginning at 1:25pm with the last bus leaving the school no later than 1:45pm.

PHASE II STUDENT PICKUP AND DROPOFF AREAS:

1. BUS STOP NEAR 969 KUKUI DRIVE
2. CIRCLE LOCATED AT COURT 971 – 1017 KUKUI DRIVE
3. BUS STOP LOCATED AT COURT 1019 – 1053 KUKUI DRIVE
4. BUS STOP LOCATED AT NETTLE DRIVE

Children will be picked up and dropped off only in the areas specified above. If you have any questions concerning the Red Hill Elementary School bus schedule, please call our Housing Office at 831-2766.

Students who reside in Phase I have walking access to two paths located at Eagle Circle and the Phase I baseball field near the top of Tampa Drive.

Students attending Moanalua Intermediate or Moanalua High School should contact the respective school administration offices for the school's bus schedule and related information.

DZS/BAKER LLC Maintenance Contractor "At Your Service"



The DZB maintenance contractor services all of your maintenance and repair needs for all KKH and Wailupe residents. All requests for maintenance can be called into the DZB Work Order desk at 486-4200. After hour appointments are available from 1700 to 1900 hrs for those occupants not available during the normal workday. The contractor will respond to a work request for repairs using the following criteria:

- **Emergency** calls are responded to within two (2) hours, 24 hours a day.
- **Urgent** service calls are responded to within 24 hours.
- **Routine** service calls are scheduled as soon as possible, but no more than 7 days from the date you call in your work request.

For additional assistance, please call DZB at 486-4200 or 486-3554. You may also call our Housing Office at 831-2753/2766 for further assistance

Chaplain's Corner

By
LCDR Daniel E. McKay, CHC, USNR

After the passing of a year it still remains unimaginable that fellow human beings committed the dastardly deeds of September 11, 2001. In my heart and mind remains an unwillingness to accept that there are people who, first, think such dark thoughts and then, worse, carry them out. Denying the reality of evil, though, is not an option: the World Trade Center towers are gone, the Pentagon wears its scars, a field in Pennsylvania bears the impact of a crashed plane, the lives of innocent people were ended and their loved ones and friends are forever affected by their loss, and the war on terrorists around the globe is going forward.

Moreover, daily media headlines since have reported one unspeakable act of evil after another committed by a person or persons upon another or others. Murders, rapes, kidnappings, corporate scandals, homicide bombings . . . Where does it end? Evil, to say the least, seems out of control.

Or is it? Consider, for example, King David's reflection on the presence of evil in his day and time, as shared in Psalm 94. "O Lord," he pleads in verse three, "How long shall the wicked, how long shall the wicked exult?" And then he lists some of their treacherous deeds. Suddenly, however, he stops looking at things from his limited, human perspective and raises his eyes heavenward. Then, speaking from heaven's vantage point, King David says this regarding evil and those who practice it: "God will bring back on the wicked their iniquity and wipe them out for their wickedness" (verse 23).

And what happens to those who place their trust in God, who depend upon Him for daily guidance, sustenance, and strength, or who themselves become the unwilling victims of the wicked person's devious plots? To such King David offers these words of comfort and encouragement: "The Lord will not forsake His people; He will not abandon His heritage; for justice will return to the righteous, and all the upright in heart will follow it" (verse fourteen).

Clearly, then, in spite of all that has happened, is happening, or ever will happen in our world there are these certainties: God's unchanging love; His limited

tolerance for evil and all who practice it—sooner or later He carries out His righteous judgment on both; the truly blessed, in this life and beyond, are those who love God and live in relationship with Him (see Matthew 5:1-12). So, yes, during this month let us reflect on all that's transpired, but let us also resolve ourselves anew, to God and each other, to keep fighting for all that's honorable, good, and true.

Religious Faith and USCG History Calendar:

01 Sep 1938	Maritime Service assumed by USCG
01 Sep 1939	WWII begins: Nazi invasion of Poland
02 Sep 1945	WWII ends: Japanese surrender aboard USS MISSOURI
04 Sep 1945	USCGC 83434 hosts Japanese surrender of Aguijan Island
05 Sep 1939	President Roosevelt declares America's neutrality in WWII
05 Sep 1946	U. S. Air-Rescue Agency, later renamed Search & Rescue Agency, placed under USCG Commandant's authority
07-08 Sep 2002	Rosh Hashanah (Jewish)
09 Sep 1943	Salerno, Italy invasion
12 Sep 1941	USCGC NORTHLAND makes first U. S. naval seizure of WWII: Nazi controlled Norwegian sealer BUSKOE
14 Sep 1716	The Boston Lighthouse, first lighthouse in America, placed on exhibition
14 Sep 1989	Sikorsky HH-3F Pelican replaced by HH-60J
14 Sep 2002	Exaltation of the Cross (Orthodox Christian) Holy Cross Day (Anglican Christian)
15 Sep 1944	Morotai Island invasion
15 Sep 1990	Port Security Unit 303 becomes first-ever USCG Reserve PSU deployed overseas for Operation Desert Shield
16 Sep 2002	Yom Kippur (Jewish)
20 Sep 1944	Peleliu and Anguar invasions
21 Sep 1943	Finehafen, New Guinea landings
21-22 Sep 2002	Sukkot (Jewish)
26 Sep 1918	USCGC TAMPA torpedoed by German submarine UB-91
27 Sep 1942	Signalman First Class Douglas Munroe dies while evacuating U. S. Marines at Matanikau Point, Guadalcanal
28-29 Sep 2002	Shemini Atzeret & Simchat Torah (Jewish)
29 Sep 2002	St. Michael & All Angels (Christian)
30 Sep 1899	First Navy wireless message sent via Navesink Lighthouse Service Station, New Jersey
30 Sep 1997	Omega Navigation Station Hawaii ceases operation

In God's love,
Chaplain McKay

<http://www.uscg.mil/d14/chaplain/>

Joint Women's Conference

October 18, 2002

The Joint Women's Conference is a forum for military spouses from the Air Force, Army, Coast Guard, Navy and Marine Corps to come together as one-family and share experiences from military life. It is a crucial time, now more than ever, to find ways to enrich, empower, uplift and motivate these spouses in their challenging roles as wives, mothers, sister professionals and community leaders!

The 2002 Conference, occurring on October 18 & 19 at the Kaneohe Bay Marine Corps Base Hawaii Officers Club, will provide over 50 workshops. These will include an array of interests including cultural arts, cooking, health, career enhancement, and military benefit interests.

In addition to the fabulous workshops, this year the Key Workshop conducted Friday, October 18th will be, local celebrity, Sam Choy from Sam Choy's Kitchen. Award-winning restaurateur, United Airlines celebrity chef, best-selling cookbook author and TV host, Sam Choy educates people the world over about the wonderful, diverse cultures and flavors that culminate in Hawaii. Today he has 9 restaurants that bear his name, including four in Tokyo, one in Guam and one in San Diego.

On Saturday, October 19th, we are proud to present Heloise from *Hints of Heloise* as our Key Workshop Speaker. Heloise, whose seven-days-a-week column is syndicated by King Features to more than 500 newspapers across the United States and in 20 countries, has also written eight books, which have sold millions of copies. She is a contributing editor and writes a monthly column for Good Housekeeping magazine ("The Heloise Helpline"). A frequent guest on network and local talk shows, she is also a star attraction at conventions, fairs, and on the lecture circuit. She has ties to the military as a result of being a former military brat.

The conference is anchored with its own publication, Armed for Entertainment "*At Ease... A Creative Guide*." This year, we will also have a supplement with mouth-watering delights from Sam Choy, as well as some other local favorite chefs.

Registration will begin Wednesday, September 4th. Forms may be picked up at this time at exchanges, commissaries, support centers, thrift shops, and chapels. Registration forms may also be found online (to be printed, filled out and mailed) at our website www.JointWomensConference.org.

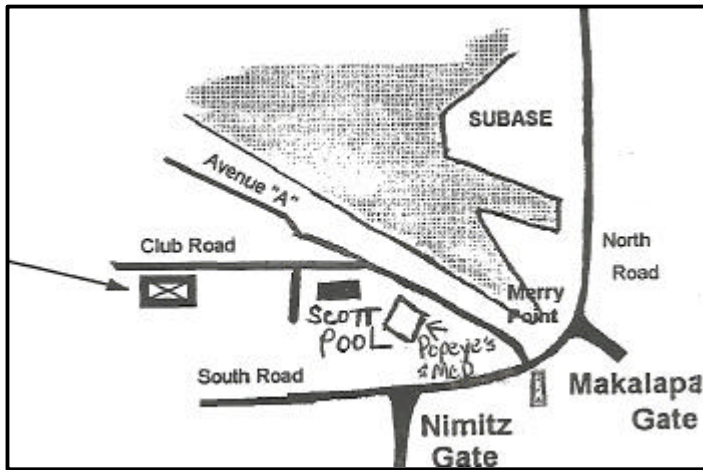
The cost is \$25 for both days or \$15 Friday only and \$15 Saturday only. The fee includes the workshops, 2 continental breakfasts, 2 lunches and conference tote bags. Seating is limited to 500 so get your registrations in early. All forms must be postmarked by October 1st. For a preview of some of the other classes offered, visit our website at www.JointWomensConference.org.

For any questions, please contact Edna Magpantay-Monroe,
Coast Guard Spouse JWC Liaison @ 550-2620

BOUTIKI

Boutiki is a non-profit organization whose net profits are donated annually to local military and civilian charities. Dedicated volunteers from all branches of the armed forces staff the gift shop. In operation since 1973, it is a nonprofit resale corporation located on the Naval Station at Pearl Harbor. Since the shop is located on Navy property and staffed by volunteers, items sell for much less than they would at retail outlets. All net profits are local military and civilian charities.

The shop carries Americana, Hawaiiana, and Asian gifts and seasonal décor. New items arrive every day the shop is open. Boutiki also offers an excellent outlet for talented people who wish to sell their handcrafted items.



Boutiki is located at 640 Club Road, Pearl Harbor and is open 9 am to 1 pm Monday and Friday, the first and third Saturdays from 9 am to 1 pm and the third Wednesday from 3 pm to 7 pm. For more information, please call 422-6662.

CHRISTMAS IS COMING TO BOUTIKI GIFT SHOP

WEDNESDAY, SEPTEMBER 18 3:00–7:00PM

COME EARLY TO AVOID THE RUSH AT OUR ANNUAL CHRISTMAS/HOLIDAY OPENING. SEE OUR BEAUTIFUL SELECTION OF HALLOWEEN, THANKSGIVING AND CHRISTMAS SEASON ITEMS. YOU'LL ALSO FIND UNIQUE GIFTS AND DECORATIONS IN HAWAIIANA, AMERICANA, TROPICAL AND NAUTICAL THEMES.



SUBJ: BACKPACK USE CONCERN FOR OUR CHILDREN

1. IT IS THAT TIME OF YEAR WHEN PARENTS FRANTICALLY PREPARE THEIR CHILDREN FOR SCHOOL. SOON MILLIONS OF CHILDREN WILL BE STUFFING THEIR BACKPACKS WITH ALL THE ESSENTIALS FOR A SUCCESSFUL SCHOOL YEAR. WHILE BACKPACKS ARE USUALLY THE PREFERRED METHOD OF CARRYING SCHOOL SUPPLIES, IF NOT PROPERLY FITTED AND WORN, THEY CAN RESULT IN NECK, BACK, HEAD, ARM AND SHOULDER DISCOMFORT OR INJURY.

2. GENERALLY, THE WEIGHT OF A BACKPACK SHOULD NOT EXCEED 15 PERCENT OF THE USERS BODY WEIGHT. HOWEVER, AS TEXTBOOKS GET HEAVIER, PORTABLE COMPUTERS BECOME MORE PREVALENT, SCHOOLS ELIMINATE LOCKERS, AND CHILDREN CARRY MORE PERSONAL ITEMS, THE WEIGHT OF BACKPACKS CAN EASILY EXCEED THE 15 PERCENT LIMIT. RECENT STUDIES OF SCHOOL CHILDREN SHOW THAT MOST CARRY BACKPACKS THAT EXCEED THE 15 PERCENT BODY WEIGHT RULE, AND ONE THIRD OF THE STUDENTS SUFFER FROM BACK PAIN.

3. IMPORTANT TIPS TO CONSIDER WHEN USING A BACKPACK:

- A. DO NOT OVERLOAD. THE PACK SHOULD NOT EXCEED 15 PERCENT OF THE USERS BODY WEIGHT.
- B. MAKE SURE THE BACKPACK:
 - (1) RESTS COMFORTABLY ON THE SHOULDERS AND UNDER THE ARMS,
 - (2) SITS ON THE HIPS AND PELVIC AREA, NOT AT THE TOP OF THE BACK OR AT THE BUTTOCKS,
 - (3) FITS THE CONTOUR OF THE LOWER BACK, AND
 - (4) IS NOT WIDER THAN THE SHOULDERS OR LONGER THAN THE AREA FROM THE BASE OF THE NECK TO THE TOP OF THE HIPS.
- C. BUY A BACKPACK WITH WIDE PADDED SHOULDER STRAPS AND A WAIST BELT, AND WEAR BOTH:
 - (1) THE WAIST BELT DISTRIBUTES THE WEIGHT ON THE PELVIS AND HIPS, AND
 - (2) IF USER INSISTS ON USING ONLY ONE STRAP, SWITCH SHOULDERS OFTEN.
- D. KEEP THE WEIGHT IN THE BACKPACK CLOSE TO THE BODY AND ARRANGE THE HEAVIEST ITEMS CLOSEST TO THE BACK.
- E. USE A BACKPACK WITH WHEELS OR A LUGGAGE CART.
- F. LOOK FOR STYLES WITH COMPARTMENTS, WHICH HELP DISTRIBUTE THE WEIGHT.

4. THE FOLLOWING SIGNALS SUGGEST IMPROPER BACKPACK USE:

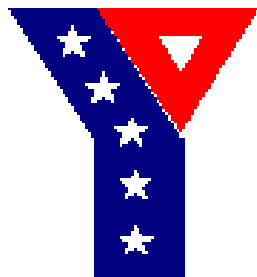
- A. RED MARKS AND CREASES ON THE SHOULDERS,
- B. ACHING IN THE SHOULDERS, NECK OR BACK,
- C. PAIN OR TINGLING IN THE ARMS, WRISTS AND HANDS,
- D. STRUGGLING TO GET THE BACKPACK ON AND OFF, AND
- E. NOTICEABLE IMBALANCES IN THE CHILDS POSTURE, INCLUDING TILTING THE HEAD AND NECK TO ONE SIDE AND AN UNEVEN WALK.

5. A FOUR STEP GUIDE TO BACKPACK USE IS AVAILABLE ON THE OFFICE OF SAFETY AND ENVIRONMENTAL HEALTH (G-WKS) WEBSITE ([HTTP://WWW.USCG.MIL/HQ/G-W/G-WK/G-WKS/WKSP.HTM](http://www.uscg.mil/hq/g-w/g-wk/g-wks/wksp.htm)).

6. ALL COMMANDS SHOULD ENSURE WIDEST DISTRIBUTION OF THIS MESSAGE.

7. FOR ADDITIONAL INFORMATION, PLEASE CONTACT DR. ANTONIO CARVALHAIS AT 202-267-2244, ACARVALHAIS(AT)COMDT.USCG.MIL.

8. INTERNET RELEASE AUTHORIZED.



Armed Services YMCA/AMR
September 2002 Calendar of Events
1875 Aliamanu Drive, Honolulu, HI 96818
Phone # 833-1185, Fax # 834-3631
E-Mail: ASYMCAAMR@aol.com
Open Mon-Thurs, 8:00am – 1:30pm

PLAYMORNING

A **free** mobile playgroup in community centers and parks for moms, dads, and child care providers and children 0-5 years old. Play morning encourages learning, sharing, self-help skills and fun! Parent and child participation required. The program is open to all military family members. No registration or fee required. (Donations greatly appreciated.)

THEMES FOR SEPTEMBER: Grandparents Day and Nature

LOCATIONS & TIMES FOR AMR:

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

LOCATIONS & TIMES FOR PEARLHARBOR:

- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Pearl City Penn CC Thursday 10:30-12:00
- Hale Moku CC Friday 9:30-11:00

***NOTE "CC" stands for Community Center

** AMR Playmorning is now held in our classroom.

KINDERMUSIK

An early childhood music and movement program based on the belief that every child is musical. The classes will be held on Thursdays from 10-10:45am. If interested, call Judy Wood at 624-2099.

DONATE YOUR VEHICLE TO THE

ARMED SERVICES YMCA-it's a win-win situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Play morning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427



UPCOMING EXCURSION

Disney On Ice

Thursday September 12th

Show time is 10:30am

Blaisdell Center

\$12.50/person 2 and up

Tickets available now on first come first served basis.

NOW OPEN!!!!!!

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your children if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

ATTENTION: All expectant and new

moms. **WELCOME BABY** offers a support group twice a month! Come join us for an adult craft and discussion on various topics. Kid's can come too. For more information or to reserve your spot call Terri Nelson at 433-8687.

LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins on September 19, 2002 and goes through October 24, 2002. **Payment for this class is due no later than September 12, 2002.** Any questions please call us at 833-1185

T.O.P.S.

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO PLAYMORNING HAPPY LABOR DAY!	3 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	4 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	5 PLAYMORNING Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	6 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am
9 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	10 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	11 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	12 PLAYMORNING CANCELLED DISNEY ON ICE!!	13 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am
16 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	17 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	18 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	19 PLAYMORNING Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	20 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am
23/30 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	24 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	25 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	26 PLAYMORNING Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	27 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am



Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108

Phone: (808) 473-4222

NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050

Phone: (808) 653-0203

www.pearlharbor.navy.mil/ffsc

NO CHARGE FOR CLASSES. Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
FEDERAL EMPLOYMENT	SEP 3	8:30 AM - 10:30 AM	BANYANS CLUB
JEMS JOB FAIR 2002	SEP 17	11:00 AM - 4:00 PM	
JOB SEARCH VIA THE INTERNET	SEP 17	8:30 AM - 9:30 AM	
INTERVIEWING SKILLS	SEP 24	1:00 PM - 3:00 PM	
RESUME WRITING	SEP 10	5:00 PM - 7:00 PM	
RESUME WRITING	SEP 11	1:00 PM - 3:00 PM	NCTAMS PAC
FINANCIAL CLASSES	DATE	TIME	*LOCATION
CAR BUYING STRATEGIES	SEP 5	9:30 AM - 11:00 AM	NCTAMS PAC
CAR BUYING STRATEGIES	SEP 12	12:30 PM - 2:30 PM	
CHECKING ACCOUNT MANAGEMENT	SEP 18	9:30 AM - 11:00 AM	
COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)	SEP 30 - OCT 4	7:30 AM - 4:00 PM	
FINANCIAL AWARENESS FOR SPOUSES	SEP 4	1:00 PM - 2:30 PM	
MANAGING MONEY AND CREDIT	SEP 24	1:00 PM - 2:30 PM	NCTAMS PAC
\$MILLION\$ DOLLAR SAILOR (I-II)	SEP 12-13	8:00 AM - 4:00 PM	
\$MILLION\$ DOLLAR SAILOR (I-II)	SEP 16-17	8:00 AM - 4:00 PM	
SAVINGS AND INVESTMENT BASICS	SEP 10	1:00 PM - 3:00 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
GREAT SPOUSES ACADEMY	SEP 17	8:30 AM - 2:00 PM	
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
OMBUDSMAN APPRECIATION DINNER	SEP 20	6:30 PM - 9:30 PM	ALA MOANA HOTEL
PARENTING CLASSES	DATE	TIME	*LOCATION
APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD)	SEP 19	9:00 AM - 11:00 AM	NCTAMS PAC
BUILDING GOOD SELF-ESTEEM IN ADOLSECENTS/TEENS (AGES 11-17)	SEP 9	8:00 AM - 10:00 AM	
BUILDING GOOD SELF-ESTEEM IN SCHOOL AGE CHILDREN (AGES 6-10)	SEP 10	9:00 AM - 11:00 AM	
BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN (AGES 0-5)	SEP 17	9:00 AM - 11:00 AM	
CREATING A SUCCESSFUL STEPFAMILY	SEP 26	9:00 AM - 11:00 AM	
PARENT SUPPORT GROUP	SEP 24	11:00 AM - 1:00 PM	
PREPARING YOUR CHILD FOR THE NEW BABY	SEP 25	8:00 AM - 10:00 AM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR YOUNG CHILDREN (AGES 0-5)	SEP 12	8:00 AM - 10:30 AM	
YOU, YOUR FAMILY AND THE MEDIA (TV, MUSIC, VIDEO GAMES, ETC.)	SEP 19	6:30 PM - 8:30 PM	
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
ADULTS MOLESTED AS CHILDREN	SEP 3, 10, 17, 24	1:00 PM - 3:00 PM	NCTAMS PAC NCTAMS PAC
ANGER MANAGEMENT	SEP 25	8:00 AM - 11:00 AM	
FIGHTING FOR YOUR MARRIAGE (I-IV)	SEP 3, 10, 17, 24	5:00 PM - 7:30 PM	
JOB STRESS	SEP 18	8:00 AM - 10:00 AM	
NEW DIRECTIONS SUPPORT GROUP	SEP 5, 12, 19, 26	3:00 PM - 4:45 PM	
SKILLS FOR MANAGING STRESS AND ANGER	SEP 16	8:00 AM - 10:30 AM	
SUCCESSFUL COMMUNICATION SKILLS	SEP 9	8:00 AM - 11:00 AM	
STRESS MANAGEMENT	SEP 11	8:00 AM - 11:00 AM	
RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ALOHA TOUR	SEP 26	8:00 AM - 3:30 PM	
CHINATOWN WALKING TOUR	SEP 12	9:00 AM - 1:00 PM	

[SMART MOVE
SPONSOR TRAINING](#)

SEP 19 8:00 AM - 11:30 AM
SEP 5 8:30 AM - 10:30 AM

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI VICTIM ADVOCATE REFRESHER TRAINING	SEP 10	12:45 PM - 2:45 PM	
SAVI COMMAND REPRESENTATIVE QUARTERLY REFRESHER TRAINING	SEP 17	12:45 PM - 2:45 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
PRE-RETIREMENT/EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-III)	SEP 10-12	8:00 AM - 4:00 PM	
PRE-SEPARATION/SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)	SEP 17-19 SEP 24-26	8:00 AM - 4:00 PM	

**All classes are located at the
Fleet and Family Support Center, Bldg. 193,
Pearl Harbor, unless otherwise indicated.**

[Directions to Pearl Harbor FFSC](#)

[Directions to NCTAMS PAC FFSC Satellite Office](#)

SEPTEMBER 2002

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

[CLICK HERE
FOR
FULL PAGE
OF CLASS
DESCRIPTIONS](#)